

**Abstract:**

A system, method, and device for recording and tracking resistance training parameters in connection with a resistance training workout. A specially configured portable recording device has a very compact user interface having an input device with very few  
5 inputs. A user may record resistance training parameters directly on the recording device both quickly and easily with few and simple keystrokes, resulting in an improved recording process. A personal trainer or strength coach may track the workouts of multiple exercisers with increased convenience. In a particularly preferred embodiment, the recording device is provided in the body of a sport watch.